



Benefits of MFKZT Minerals

Magnesium

Magnesium helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong.

Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis.

Sulphur

Sulphur is the third most abundant mineral in the body, about half being concentrated in the muscles, skin and bones, and is essential for life. Sulphur makes up vital amino acids used to create protein for cells, tissues, hormones, enzymes, and antibodies.

Potassium

The health benefits of potassium include relief from stroke, blood pressure, heart and kidney disorders, anxiety and stress. It helps to enhance muscle strength, metabolism, water balance, electrolytic functions, and nervous system.

Benefits of Chloride

Chloride is one of the most important electrolytes in the blood. It helps keep the amount of fluid inside and outside of your cells in balance. It also helps maintain proper blood volume, blood pressure, and pH of your body fluids.

Benefits of Calcium

Your body needs calcium to build and maintain strong bones. Your heart, muscles and nerves also need calcium to function properly. Some studies suggest that calcium, along with vitamin D, may have benefits beyond bone health: perhaps protecting against cancer, diabetes and high blood pressure.

Benefits of Sodium

Sodium is an extremely important electrolyte and an essential ion present in the extracellular fluid (ECF). One of the health benefits of sodium is the pivotal role it plays in enzyme operations and muscle contraction. It is very important for osmoregulation and fluid maintenance within the human body.

Test	Method Code	Unit	Mana
Magnesium (Mg)	IND041	mg/kg	39,100
Potassium (K)	IND041	mg/kg	6,300
Sulphur (SO)	IND041	mg/kg	1,010
Calcium (Ca)	IND041	mg/kg	14,000
Chloride	ES045	mg/kg	180,000

MFKZT

